

## TB - Tuberculosis

### **TB-CUL      CULTURAL/SPIRITUAL ASPECTS OF HEALTH**

**OUTCOME:** The patient/family will understand the impact and influences cultural and spiritual traditions, practices, and beliefs have on health and wellness.

**STANDARDS:**

1. Explain that the outcome of disease processes may be influenced by choices related to health and lifestyles, e.g., diet, exercise, sleep, stress management, hygiene, full participation in the medical plan. (Stoic Fatalism)
2. Discuss the potential role of cultural/spiritual traditions, practices and beliefs in achieving and maintaining health and wellness.
3. Explain that traditional medicines/treatments should be reviewed with the healthcare provider to determine if there are interactions with prescribed treatment.
4. Explain that the medical treatment plan must be followed as prescribed to be effective and that some medications/treatments take time to demonstrate effectiveness.
5. Discuss that traditions, such as sweat lodges may affect some conditions in detrimental ways. Healing customs or using a traditional healer may have a positive effect on the patient's condition.
6. Refer to clergy services, traditional healers, or other culturally appropriate resources.

### **TB-DOT      DIRECTLY OBSERVED THERAPY**

**OUTCOME:** The patient/family will understand the importance of fully participating with a prescribed medication regimen using the directly observed therapy (DOT) regimen for TB.

**STANDARDS:**

1. Provide a pill count.
2. Discuss the use, benefits, and common side effects of prescribed medications.
3. Discuss the patient's full participation / non-participation. Discuss the consequences of non-participation.
4. Discuss the procedure for DOT.
5. Discuss criteria used to determine when patients can be considered noninfectious; e.g. adequate treatment for 2-3 weeks, improved symptoms, 3 negative sputum smears.

**TB-DP            DISEASE PROCESS**

**OUTCOME:** The patient/family will understand the etiology, pathophysiology, and communicability of tuberculosis infection and tuberculosis disease.

**STANDARDS:**

1. Review the anatomy and physiology of the affected system, e.g., respiratory, lymphatic.
2. Review the hygiene and infection control as it relates to TB infection and TB disease. Review the factors associated with infectiousness (TB of lung, have not received adequate treatment, drug-resistant TB) and discuss how TB is spread.
3. Explain that certain people are at higher risk for exposure or infection (elderly, low income, contact to person with infectious TB) and some conditions appear to increase the risk that TB infection will progress to disease (e.g. illicit drug use, HIV, certain medical conditions).
4. Explain the patient's specific disease process and review the way TB infection and TB disease develop in the body and describe the symptoms of TB disease; e.g. night sweats, fever, weight loss.
5. Explain the most common complications of the disease process.

**TB-FU            FOLLOW-UP**

**OUTCOME:** The patient/family will understand the importance of follow-up in the treatment of tuberculosis.

**STANDARDS:**

1. Discuss the importance of follow-up care.
2. Discuss the procedure for obtaining follow-up appointments and that follow-up appointments should be kept.
3. Emphasize that full participation in the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

**TB-L            LITERATURE**

**OUTCOME:** The patient/family will receive literature about tuberculosis.

**STANDARDS:**

1. Provide the patient/family with literature on tuberculosis.
2. Discuss the content of the literature.

**TB-M            MEDICATIONS**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

**STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

**TB-MNT       MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient and family will understand the specific nutritional intervention(s) needed for treatment or management of TB.

**STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.
  - b. Identification of the patient's nutritional problem.
  - c. Identification of a specific nutrition intervention therapy plan.
  - d. Evaluation of the patient's nutritional care outcomes.
  - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

**TB-N            NUTRITION**

**OUTCOME:** The patient will understand the need for balanced nutrition and plan for the implementation of dietary modification if needed.

**STANDARDS:**

1. Review normal nutritional needs for optimal health.
2. Discuss current nutritional habits. Assist the patient in identifying unhealthy nutritional habits.
3. Discuss nutritional modifications as related to the specific disease state/condition.
4. Emphasize the importance of full participation to the prescribed nutritional plan.

**TB-P            PREVENTION**

**OUTCOME:** The patient/family will understand communicability and preventive measures for TB.

**STANDARDS:**

1. Emphasize the importance of early detection and treatment of TB.
2. Discuss the mode of transmission and methods for reducing the risk of contracting TB, e.g., hand washing, covering the mouth when coughing or sneezing, disposing of contaminated materials.
3. Explain that when treated as an outpatient, patients with active TB must wear a mask until they have completed at least two weeks of treatment.
4. Explain the purpose of the isolation room and mask for patients who have signs or symptoms of TB disease. Emphasize the importance of staying in the room and wearing the surgical mask until the diagnostic evaluation is completed.
5. Review the actions to take when exposed to TB.

**TB-PPD        SCREENING SKIN TEST**

**OUTCOME:** Patient/family will understand the importance of screening and follow-up and the meaning of the result.

**STANDARDS:**

1. Discuss the purpose, procedure, and meaning of the screening test and results if available.
2. Emphasize the importance of screening annually or on another schedule as appropriate.
3. Explain that a person who has reacted positively in the past will always react positively in the future and repeat testing may not be appropriate, or other types of testing may be indicated.

**TB-TE        TESTS**

**OUTCOME:** The patient/family will understand the test(s) to be performed, including indications and impact on further care.

**STANDARDS:**

1. Explain the test ordered and method of collection or mode obtained.
2. Explain the necessity, benefits, and risks of the test to be performed, as applicable, including possible complications that may result from not having the test performed.
3. Explain how the test relates to the course of treatment.
4. Explain any necessary preparation and instructions for the test.
5. Explain the meaning of the test results, as appropriate.

**TB-TX      TREATMENT**

**OUTCOME:** The patient/family will understand the treatment plan for preventive therapy for TB infection or the treatment of TB disease and the importance of full participation in the treatment regimen.

**STANDARDS:**

1. Explain that preventive therapy is medication that is given to people who have TB infection to prevent them from developing TB disease. Describe the usual preventive therapy regime.
2. Emphasize that some TB infected people are at very high risk of developing TB disease (e.g. elderly, low income, homeless, illicit drug users) and receive high priority for preventive therapy.
3. Explain the recommended treatment regime for patients with TB disease and why the disease must be treated for at least six months and sometimes longer. If appropriate, explain why directly observed therapy is important.
4. Discuss the specific treatment plan. Describe how patients will be monitored for adherence to the treatment plan and evaluated for their response to treatment. Describe the role of the public health worker in TB treatment.